

What Are The Types Of Fat?

Limiting your fat intake is key to losing weight. Healthy eating includes small amounts of fats, but some fats are much healthier than others. Eating monounsaturated or polyunsaturated fats instead of saturated or trans fats may help improve your blood cholesterol.

Monounsaturated



Canola, olive, nut and peanut oils (use these fats for cooking); peanuts; nuts; avocado; olives

Polyunsaturated



Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, seeds, peanuts, fish

Saturated



Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils – coconut, palm and palm kernel
Saturated fats are solid at room temperature.

Hydrogenated



Many fats used in processed foods, snack foods, stick margarine, vegetable shortening; Read the ingredients list for shortening, “partially hydrogenated vegetable oil” (A liquid vegetable oil is changed to a solid fat by a chemical process.)

*May be labeled as *trans* fat

